**Carbohydrate Counting:**

Clear liquid food choices the day before your colonoscopy:

Meals should be 45 grams of carbohydrate and snacks should be 15-30 grams of carbohydrate.

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| **Food Items** | **Grams of carbohydrate** |
| Apple Juice (4 ounces) | 15 |
| White grape juice (4 ounces) | 20 |
| Sports drink such as Gatorade (8 ounces) | 14 |
| Gelatin (Jello), regular sweetened (1/2 cup) | 15 |
| Orange popsicles or ice pops | 15 |
| Italian ice (not sherbet) | 30 |
| Sugar (for coffee or tea) (1 teaspoon or packet) | 4 |
|  |  |
| **Sugar free food items without carbohydrates** |  |
| Fat free broth | 0 |
| Diet clear soda | 0 |
| Coffee, black | 0 |
| Tea, unsweetened or diet, black | 0 |
| Seltzer | 0 |
| Flavored water | 0 |